

WALTHAM



Circa 2019



When a billion people go hungry each day, how can we spend another dollar on war?

Food not Bombs is an organization that shares food with those who need or want it.

Come once or come regularly, come alone or bring friends. It's about caring for and building community.

We believe in solidarity, not charity!

We're an all-volunteer collective dedicated to mutual aid and nonviolent direct action.

We build coalitions in the community with:

- **Local mutual aid efforts**
- **Non-profits**
- **Housing organizations**
- **Local religious organizations**
- **And especially with our unhoused neighbors**

We also rescue food!

Millions of pounds of food get thrown away in this country every day while millions of people starve on the streets.

We collect that food from grocery stores, farms, restaurants, and the occasional dumpster, as well as accept donations from the community. Whatever we can't use gets passed on to community fridges, or if it won't be eaten quickly, composted!



We make delicious VEGAN food and share it to anyone who wants it.



Why vegan?

- **It's nutritious! Often the only food donated to shelters is empty carbs and sugars.**
- **It's compassionate—we want to reduce harm in every way we can**
- **It's better for the environment!**
- **Most importantly, it's YUMMY**

If you tremble with indignation at every injustice, then you are a comrade of ours!



**In the warm months, find us
every:**

**Sunday, Waltham Common
2-4p (free meals) &**

**Wednesday, next to
Gustazo's on Moody St.
6pm (free groceries)**



Get in touch!

**Donate! Paypal
foodnotbombswaltham@gmail.com**